

LONDON JIZO ZEN CENTRE Zazenkai Sits, September-December 2021

LOCATION: The Meditatio Centre, St Marks Church, Myddleton Square, London EC1R 1XX

8 minute walk (south) from Islington underground. Enter via side door on the right.

The upstairs room in Meditatio, where we sit, is large, with good space for social-distancing.

ALL ZAZENKAI (SITS) ARE ON TUESDAYS. The 1st and 3rd sits of each month are long sits.

Members are welcome to join at any time, but preferably at the beginning of a sit.

Schedule for autumn-winter 2021

August: no sits

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| September 7 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| September 14 | Short sit: 5.45 pm -7.45 pm |
| September 21 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| September 28 | Short sit: 5.45 pm -7.45 pm |
| October 5 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| October 12 | Short sit: 5.45 pm -7.45 pm |
| October 19 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| October 26 | Short sit: 5.45 pm -7.45 pm |
| October 26-29 | ORIENTATION SESSHIN, Oct 26 evening - Oct 29 breakfast; venue: Mortimer Drive, Oxford. |
| November 2 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| November 6 | KOAN DAY, Saturday, 10 am - 4 pm; venue: Mortimer Drive, Oxford. |
| November 9 | Short sit: 5.45 pm -7.45 pm |
| November 16 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| November 23 | Short sit: 5.45 pm -7.45 pm |
| November 30 | Short sit: 5.45 pm -7.45 pm |
| December 3 | YAZA sit to celebrate the Buddha's enlightenment: 8 pm-4,30 am, Mortimer Drive, Oxford. |
| December 7 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |
| December 14 | Short sit: 5.45 pm -7.45 pm |
| December 21 | Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb |

No sits between Christmas and New Year

January 4 Long sit: 2 pm - 7.45 pm, with the Teacher, Sandy Chubb

COVID SAFETY

To keep everyone safe and protected, please bring NHS App or printed proof of your double-vaccination status the first time you sit in Meditatio (where a record will be kept). If you are not double vaccinated, please arrive every time you sit with a negative result from a lateral flow test taken on the same day on your mobile, and show this immediately to the Jiki-Jitsu.

MEDITATION IN LONDON Contact: Mark Hudson – mark@londonjizozencentre.org Sits takes place on Tuesdays at The Meditatio Centre, St Marks Church, Myddleton Square, Islington, London EC1R 1XX. See London Jizo Zen Centre website: londonjizozencentre.org for details.

Evening sits are from 5.45 pm to 7.45 pm. Long sits in Meditatio are led by Zen Teacher Sandy Chubb from 2pm to 7.45pm, with tea at 3.30pm- 4pm and shared supper at 5 pm followed by 5.45-7.45 pm evening sits.

MEDITATION IN OXFORD takes place on Thursdays at 12 Mortimer Drive, Old Marston, and Oxford.OX3 ORR Contact: Jason Doble – oxfordzen@google.mail.com Evening Sits are from 6.30 to 8.30 pm. Afternoon Sits are from 2.00pm to 5pm (bring supper to share) tea: 3.30pm-4pm supper: 5pm-6pm followed by normal 6.30pm sits.

JIKIJITSUS: If you have taken part in a Shoken ceremony you are invited to contribute to Zazenkais as a Jikijitsu.

The London Jizo Zen Centre is one of the two locations of the Oxford Zen Centre, which is part of the international Sanbo Zen community.

<https://londonjizozencentre.org/>

<https://oxfordzencentre.org.uk/>

<https://sanbo-zen-international.org/>